

I claim:

1. A shoe comprising:

- a) an insole comprising an insole blank with a top and a bottom and an insole cushion secured over the insole blank, the insole having a forepart with an outer perimeter, a heel end, and an arch profile therebetween;
- b) an upper connected in fixed relation to and located generally above the insole;
- c) an outsole having a forepart, a heel end, and an arch profile corresponding to respective parts of the insole, the forepart of the outsole being connected in fixed spaced relation below the forepart of the insole, and the heel end of the outsole being connected in fixed relation below the heel end of the insole;
- d) a midsole secured in position between the foreparts of the insole and outsole, the midsole having an outer perimeter generally tracking the outer perimeter of the insole and outsole, the midsole comprising a soft cushion in compressible contacting relation between the foreparts of the insole and outsole; and
- e) a heel extending downwardly from the heel end of the outsole to raise the heel end of the outsole and insole to a height of at least one inch above the foreparts thereof.

2. The shoe as defined in claim 1 in which the midsole cushion is characterized with a compression deflection of approximately 25% with a compressive pressure of between approximately 2 to 12 psi applied thereto.

3. The shoe as defined in claim 2 in which the midsole cushion is provided from foam rubber cushion material.

4. The shoe as defined in claim 2 in which the midsole cushion is provided from one of
5 an air-bubble cushion and a gel cushion.

5. The shoe as defined in claim 1 in which the insole blank is formed with a generally open forepart through the thickness thereof and generally surrounded by the perimeter thereof whereby pressure on the forepart of the insole cushion is transferred through
10 the open forepart of the insole blank to the midsole cushion.

6. The shoe as defined in claim 5 further comprising a flexible insert in the open forepart of the insole blank to aid in transfer of pressure on the forepart of the insole cushion through to the midsole cushion.

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7. A shoe comprising:

- a) an insole comprising an insole blank with a top and a bottom and an insole cushion secured over the insole blank, the insole having a forepart with an outer perimeter, a heel end, and an arch profile therebetween;
- 5 b) an upper connected in fixed relation to and located generally above the insole;
- c) an outsole having a forepart, a heel end, and an arch profile corresponding to respective parts of the insole, the forepart of the outsole being connected in fixed spaced relation below the forepart of the insole, and the heel end of the outsole being connected in fixed relation below the heel end of the insole;
- 10 d) a midsole secured in position between the foreparts of the insole and outsole, the midsole comprising an outer stabilizing perimeter part generally tracking the outer perimeter of the insole and outsole, and a soft cushion part in compressible contacting relation between the foreparts of the insole and outsole; and
- 15 e) a heel extending downwardly from the heel end of the outsole.

8. The shoe as defined in claim 7 in which the midsole cushion part is characterized with a compression deflection of approximately 25% with a compressive pressure of between approximately 2 to 12 psi applied thereto.

20 9. The shoe as defined in claim 8 in which the midsole outer stabilizing perimeter part is provided from firm foam rubber cushion material, and the midsole cushion part is provided from soft foam rubber cushion material.

10. The shoe as defined in claim 9 in which the midsole outer stabilizing part is characterized with a compression deflection of approximately 25% with a compressive pressure of at least approximately 20 psi applied thereto.
- 5 11. The shoe as defined in claim 7 in which the midsole cushion part is provided from one of an air-bubble cushion and a gel cushion.
12. The shoe as defined in claim 7 in which the midsole outer stabilizing perimeter part is provided from one of molded rubber or molded plastic.
- 10 13. The shoe as defined in claim 7 in which the insole blank is formed with a generally open forepart through the thickness thereof and generally surrounded by the perimeter thereof whereby pressure on the forepart of the insole cushion is transferred through the open forepart of the insole blank to the midsole cushion part.
- 15 14. The shoe as defined in claim 13 further comprising a flexible insert in the open forepart of the insole blank to aid in transfer of pressure on the forepart of the insole cushion through to the midsole cushion part.
- 20 15. The shoe as defined in claim 7 in which the heel is sized to raise the heel end of the outsole and insole to a height of at least one inch above the foreparts thereof.

16. A shoe comprising:

- a) an insole comprising an insole blank with a top and a bottom and an insole cushion secured over the insole blank, the insole having a forepart with an outer perimeter, a heel end, and an arch profile therebetween, the forepart of the insole blank having an opening through the thickness thereof and generally surrounded by the outer perimeter;
- b) an upper connected in fixed relation to and located generally above the insole;
- c) an outsole having a forepart, a heel end, and an arch profile corresponding to respective parts of the insole, the forepart of the outsole being connected in fixed spaced relation below the forepart of the insole, and the heel end of the outsole being connected in fixed relation below the heel end of the insole;
- d) a midsole secured in position between the foreparts of the insole and outsole, the midsole comprising an outer stabilizing perimeter part generally tracking the outer perimeter of the insole and outsole, and a soft cushion part in compressible contacting relation between the foreparts of the insole and outsole;
- e) a flexible material generally filling the thickness of the opening in the insole blank; and
- f) a heel extending downwardly from the heel end of the outsole.

17. The shoe as defined in claim 16 in which the midsole cushion part is characterized with a compression deflection of approximately 25% with a compressive pressure of between approximately 2 to 12 psi applied thereto.

18. The shoe as defined in claim 17 in which the midsole outer stabilizing perimeter part is provided from firm foam rubber cushion material, and the midsole cushion part is provided from soft foam rubber cushion material.
- 5 19. The shoe as defined in claim 18 in which the midsole outer stabilizing part is characterized with a compression deflection of approximately 25% with a compressive pressure of at least approximately 20 psi applied thereto.
- 10 20. The shoe as defined in claim 17 in which the heel is sized to raise the heel end of the outsole and insole to a height of at least one inch above the foreparts thereof.